

BEET AND WALNUT COUSCOUS SALAD IN CUCUMBER CUPS

INGREDIENT

2 cups cooked Israeli couscous
2 medium beets, roasted
handful of parsley leaves, chopped
a handful of fresh dill fronds, chopped
a handful of good walnuts, roughly chopped
salt and fresh cracked black pepper
1 tablespoon za'atar spice mix
1/4 cup olive oil
juice of 1 lemon
1 english/european cucumber

DIRECTIONS

Chop the beets into a small dice while they are still warm. Toss with the couscous, breaking up any lumps with a fork. Toss with the herbs and nuts. Mix the za'atar with the olive oil and lemon juice, and add to the salad. Toss well.

Refrigerate for at least an hour or two to allow it to get completely chilled, and for the flavors to mingle.

Roughly peel your cucumber and cut into 1 1/2 inch pieces. Using a small spoon or melon baller, core out the centers of the cucumbers. Fill with the salad and drizzle with a little more olive oil and serve.